## Who are your representatives?

- Common Cause find your representatives: https://www.commoncause.org/find-your-representative/
- US GSA representative finder: https://www.usa.gov/elected-officials
- Find your members of Congress: https://www.congress.gov/members/find-your-member

## How can you keep track of issues to contact your representatives about?

- Current cabinet nominees: https://www.senate.gov/legislative/nominations/Trump_47_cabinet.htm
- Executive orders:
  - https://www.federalregister.gov/presidential-documents/executive-orders
  - https://www.whitehouse.gov/presidential-actions/
- Congress:
  - https://www.congress.gov/calendars-and-schedules
  - Bills and resolutions in congress: https://www.govtrack.us/congress/bills/
  - Verbatim record of congressional activity: https://www.congress.gov/congressional-record
- US Senate
  - Hearings and meetings
    - https://www.senate.gov/committees/hearings_meetings.htm
- US House of Representatives
  - Legislative activity (click on date to see info): https://www.house.gov/legislative-activity
  - House leadership: https://www.house.gov/leadership
- State Laws
  - Searchable bill tracking database: https://www.ncsl.org/technology-and-communication/ncsl-50-state-searchable-bill-tracking-databases
    - How to use: https://www.ncsl.org/resources/ncsl-databases-user-guide

## Tips for high quality communication with representatives:

- State and federal Senators should always be referred to and addressed as “Senator [Last name]”
- Members of the U.S. House of Representatives may be referred to as “Congresswoman/Congressman [Last name]”, “Ms./Mr. [Last name]”, or “Representative [Last Name]”

- Write and speak formally, respectfully, and matter-of-factly, but you can also add emphasis that things are vital, imperative, must happen, must not happen, etc. You don't have to be wishy-washy or appeasing, just don't cuss or insult.
- Only call about one issue at a time. Stay neutral and respectful. Be brief. If you want to share how this is affecting you or why you think it's important, go for it.

# Call your representatives

- Congress switchboard: (202) 224-3121
- White house phone number: (202) 456-1111
- See "Who are your representatives"

## Call script for your representatives

- I am calling to register my [support/lack of support] for _____. I expect [represetative] to:
    - vote no/vote yes on _____
    - voice their support/voice their dissent for _____
    - use every democratic means to prevent/enact _____
    - rescind their support for_____
    - Sponsor and pass legislation to protect_____
    - pass legislation to invalidate executive order _____
    - prevent funding from being issued to carry out executive order _____
    - Make a statement to constituents on the importance of _____

# Email your representatives

- See "Who are your representatives"

## Email template for your representatives

Dear [Representative],

I am a voter in [county, city, state, zip]. I am writing to register my [support/lack of support] for _____. I expect [represetative] to:

- vote no/vote yes on _____
- voice their support/voice their dissent for _____
- use every democratic means to prevent/enact _____
- rescind their support for_____
- Sponsor and pass legislation to protect_____
- pass legislation to invalidate executive order _____
- prevent funding from being issued to carry out executive order _____
- Make a statement to constituents on the importance of _____

[Optional] This issue will harm [the US/the state of ___/the city of ____] by_____

- Weakening our position geopolitically against [insert country or countries here]
- Wasting valuable time and energy on things that do not have a negative impact
- Harming vulnerable members of the community
- Keeping US citizens from being economically competitive
- Weakening the economy
- Threatening democracy
- Preventing rule of law
- Getting Americans sick, reducing productivity and straining our healthcare system.
- Etc.

Sincerely,
Your name here

## Fax your representatives

- Fax your Congressional Representatives: https://faxzero.com/fax_congress.php
- Fax your Senators: https://faxzero.com/fax_senate.php
- Fax your Governor: https://faxzero.com/fax_governor.php
- Fax Zero etiquette guide to faxing elected representatives: https://faxzero.com/Representative_Faxing_Guide.pdf
- See "Who are your representatives"

### Fax template for representatives:

Dear [Representative],

I am a voter in [county, city, state, zip]. I am writing to register my [support/lack of support] for _____. I expect [represetative] to:

- vote no/vote yes on _____
- voice their support/voice their dissent for _____
- use every democratic means to prevent/enact _____
- rescind their support for_____
- Sponsor and pass legislation to protect_____
- pass legislation to invalidate executive order _____
- prevent funding from being issued to carry out executive order _____
- Make a statement to constituents on the importance of _____

[Optional] This issue will harm [the US/the state of ___/the city of ____] by_____

- Weakening our position geopolitically against [insert country or countries here]
- Wasting valuable time and energy on things that do not have a negative impact
- Harming vulnerable members of the community
- Keeping US citizens from being economically competitive
- Weakening the economy
- Threatening democracy

- Preventing rule of law
- Getting Americans sick, reducing productivity and straining our healthcare system.
- Etc.

Sincerely,
Your name here

# Mail a letter to your representatives

- For US Senators:
    - The Honorable (Full Name)
    - (Senate Office Building address)
    - United States Senate
    - Washington, DC 20510
    - Dear Senator [Last name]:
- For US Representatives:
    - The Honorable (Full Name)
    - United States House of Representatives
    - Washington, DC 20515
    - Dear Representative/Congressman/Congresswoman [Last name]:
- See "Who are your representatives"

## Mailed letter template for your representatives

Dear [Representative],

I am a voter in [county, city, state, zip]. I am writing to register my [support/lack of support] for _____. I expect [represetative] to:

- vote no/vote yes on _____
- voice their support/voice their dissent for _____
- use every democratic means to prevent/enact _____
- rescind their support for_____
- Sponsor and pass legislation to protect_____
- pass legislation to invalidate executive order _____
- prevent funding from being issued to carry out executive order _____
- Make a statement to constituents on the importance of _____

[Optional] This issue will harm [the US/the state of ___/the city of ____] by_____

- Weakening our position geopolitically against [insert country or countries here]
- Wasting valuable time and energy on things that do not have a negative impact
- Harming vulnerable members of the community
- Keeping US citizens from being economically competitive
- Weakening the economy
- Threatening democracy

- Preventing rule of law
- Getting Americans sick, reducing productivity and straining our healthcare system.
- Etc.

Sincerely,
Your name here